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MARTIAL ART FITNESS CENTERS, INC.

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Helping you develop discipline, respect, and confidence along with physical fitness and self-defense.

SPRING NEWS – 2006



FACING OUR FEARS

What have you been wanting to do, but were afraid to try? What has been holding you back? What must you overcome in order to face your fear? Do you need to learn a new skill? Do you need to face your fear in smaller increments, taking one step

at a time? Or is what you fear not really that necessary to face at all? Do you simply need to turn and walk the other way? Do you need to seek out the support of someone you trust?

Here is a list of some fears that I have faced.

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|--|-----------------------|
| Driving a car | Learning martial arts |
| Getting married | Public speaking |
| Flying in a jet airliner | Taking dance lessons |
| Living in poverty | Traveling over seas |
| Raising two boys | Changing vocations |
| Admitting I was wrong | Having surgery |
| Loss of a loved one | Financial challenges |
| Running a fulltime martial arts school | |

What fears are you facing today? There are some basic principles to remember when facing our fears.

- We are not the first person to face this fear.
- 95% of what we fear never happens any way.
- If we must face our fear, face it in small steps.
- Quite often when we do come face to face with our fear, it is not as bad as we had thought.
- As a diamond is purified through heat, the human spirit is strengthened through adversity.
- Hardship can teach us valuable lessons.

But what happens when we are faced with the insurmountable? What should we do when life knocks us flat on our back? When that happens, most people find that they have no other choice than to look up. Even the hardened atheist when faced with death has cried out to God.

God can be our refuge and strength, and a very present help in time of trouble.

If you are like me, you would rather not have to go through the trial to develop the character. Life is not like that, however. So when faced with the fear of challenges or trial, let's not complain. Rather, let's rejoice in the opportunity to learn, grow, and develop the strength to face even greater fears and challenges in the future.

Fred Gommels

PREMIER TRAINING PROGRAM

Have you often thought that you would like to take some martial arts lessons, but ?

Then consider our **PREMIER TRAINING** program which is designed to meet **your personal needs**. Whether you want to progress up the ranks or are just interested in a short term self-defense course, you can get your training privately under the watchful eye of an experienced instructor.

Through "private training"

your instructor will take you to

higher levels of proficiency and excellence

that are not possible through group training alone.

When I first heard of private training I jumped at the chance. After only a few lessons I have seen a gradual improvement both during TaeKwonDo classes and at the sparring class. I look forward to continuing my training and seeing how much I can improve as a martial artist.

Dan Dalenberg - Red Belt

*Once I heard about the private training, I began thinking that this might be what I need to . . . **over***

Siheung South Korea

OCT 12-21, 2006

You need not be a martial artist to go.



Please join me on my 6th intriguing visit to South Korea. Master Song and his associates from will host us on exotic cultural tours, training with the masters, and viewing amazing feats of martial arts. Experience with me the heart and soul of Korea.

Fred Gommels CONTACT ME FOR DETAILS

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OR VISIT <http://www.mafci.com/koreatour/>

COMMENTS ON PAST TOURS

"Probably the best vacation I ever had." "The shopping was awesome. The country was gorgeous. The people were friendly." "The culture, the friendly people, the quality martial arts training, and the gracious hospitality of our hosts were phenomenal."

Achieving a black belt?

It took me 6 years of training 3 hours per day 6-7 days a week. I used to think that **to become a black belt** all you needed to do was punch fast, kick hard, jump high, and throw well.

It wasn't until I tested for my 1st degree black belt in 1979 that I realized that achieving the black belt also included leadership development.

Here at the MAFCI **our leadership training** begins at the red belt level. This program is designed to teach communication skills, leadership, & teaching techniques through instructor seminars and teaching opportunities.

Through our leadership program the **red belt can earn the certificates** that qualifies them in the leadership area for their 1st degree black belt. We also have optional advanced instructor levels to earn.

Achieving the black belt does not mean one has finished their martial arts training or attained flawless character. It means that a person has devoted the time, energy, and dedication that it takes to experience significant growth physically, mentally, and spiritually.

Cho Dan means "beginning" and is the Korean term for first degree black belt. This means that the black belt holder has now begun to become a martial artist.



Fred Gommels

2006 BLACK BELT PROMOTIONS

1st Dan Taekwondo

CONSTANCE K. BLOEDEL	Albert Lea
KIMBERLY L. EHRICH	Albert Lea
JEANELLE D. KAROW	Albert Lea
SAMANTHA THOMPSON	Albert Lea
STEVEN J. FOX	Rochester
JAMES A. GEROUX	Rochester
KARRIE K. GEROUX	Rochester
PETER T. ENGESSER	Spring Valley
JILL M. KAPPERS	Spring Valley
TIMOTHY J. TROXEL	Spring Valley

2nd Dan Taekwondo

JEANNIE C. PESTORIOUS	Albert Lea
MICHAEL C. TURK	Rochester

2nd Dan Hapkido

BRITTA M. SIMPSON	Rochester
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3rd Dan Taekwondo

THOMAS M. YENNIE	Spring Valley
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Private Training - Cont'd: *improve in and better understand the techniques. I am learning not only the nuances of various techniques, but also some of the practical approaches to self-defense. I have found the private training extremely beneficial and look forward to continuing with it.*

Darcy Adamczyk - Blue Belt

The purpose of private training is not to replace, but to supplement your group training. **To reach your maximum potential** a balance of both group and private training is best.

The one-to-one instruction has allowed me to refine the fundamental hand and kicking movements. I have started incorporating these improvements into the various forms and I look forward to improving my sparring techniques.

Mike Hooten - Green Belt

AREAS FOR PRIVATE TRAINING

- | | |
|-----------------------|---------------------|
| Self-Defense | Forms Perfection |
| Weapons Defense | Power Development |
| Speed Development | Free Sparring |
| Ground Grappling | Promotion Test Prep |
| Black Belt Principles | |

I'm getting much more from the sessions than simply "catching up". I feel that I'm learning the fine details of the moves and the result is a significant increase in the level of power. I would highly recommend the private lessons!"

Barbara Owen - Blue Belt

2006 INSTRUCTOR CERTIFICATES

ASSISTANT

- Jarrett Abenstein
- Donald Bartemes
- Constance Bloedel
- Kimberly Ehrich
- Jordan Juenger
- Jeanelle Karow
- Samantha Thompson
- Stephanie Yerhot

ASSOCIATE

- Steven Fox
- James Geroux
- Karrie Geroux
- Jill Kappers
- Jerry Karow

INSTRUCTOR

- Jennie Pestorious

CALENDAR OF EVENTS

www.mafci.com/calendar/

- Apr 20 White belt Taekwondo test
- Apr 21 Color belt Taekwondo test
- May 11 Hapkido promotion test
- May 26-29 CLOSED-MEMORIAL WEEKEND
- Jun 6 Weaponry promotion test
- Jun 17 Albert Lea / Austin Taekwondo test
- Jul 1-4 CLOSED FOR JULY 4TH
- Jul 13 White belt Taekwondo test
- Jul 14 Color belt Taekwondo test